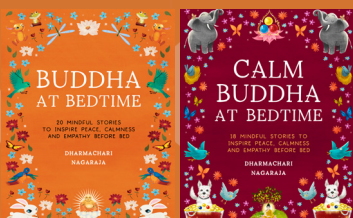
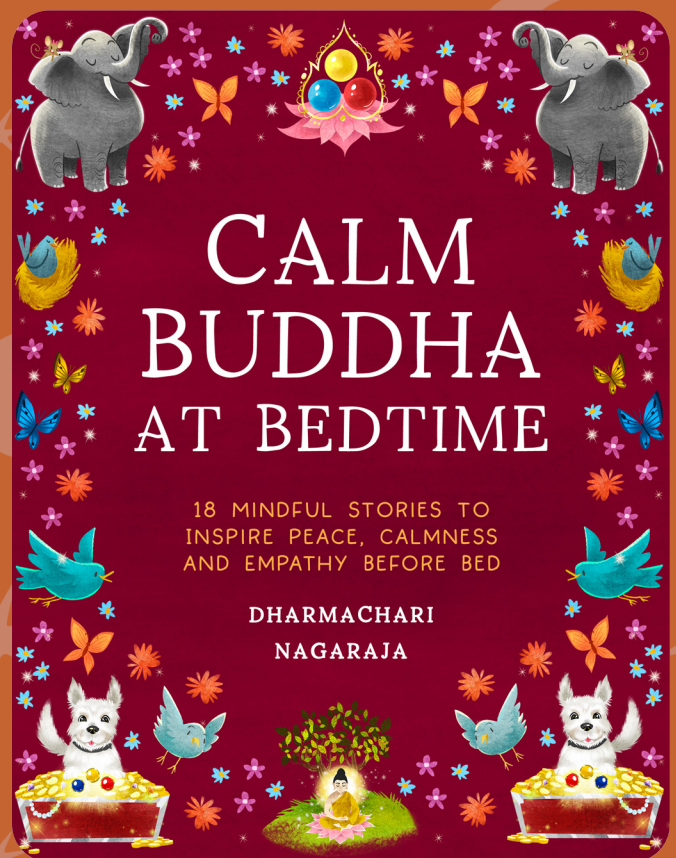
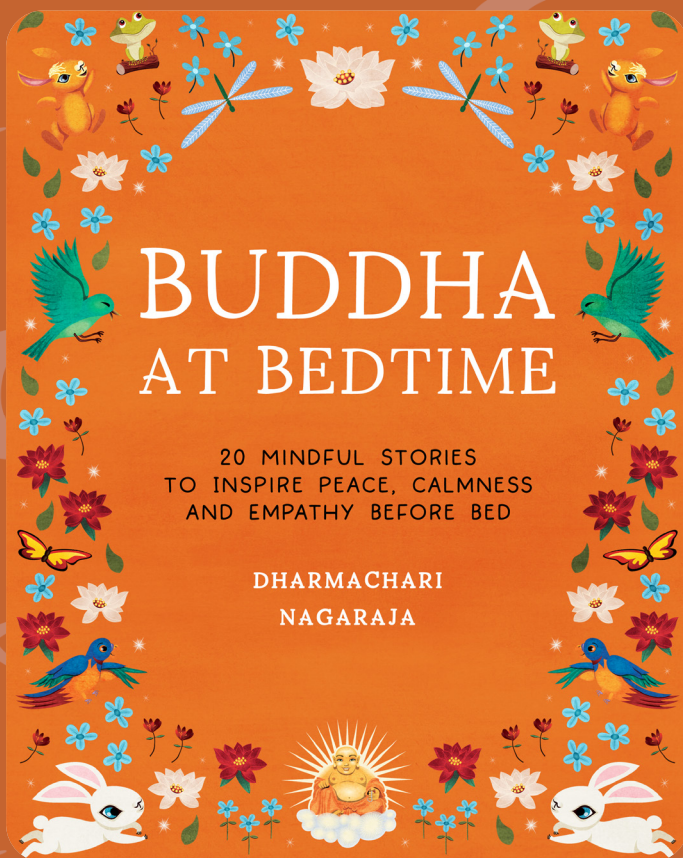
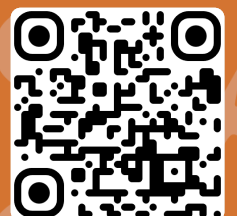


Activity Pack



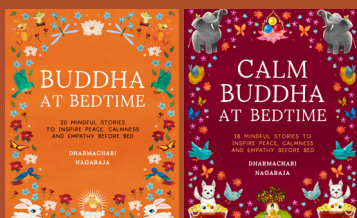
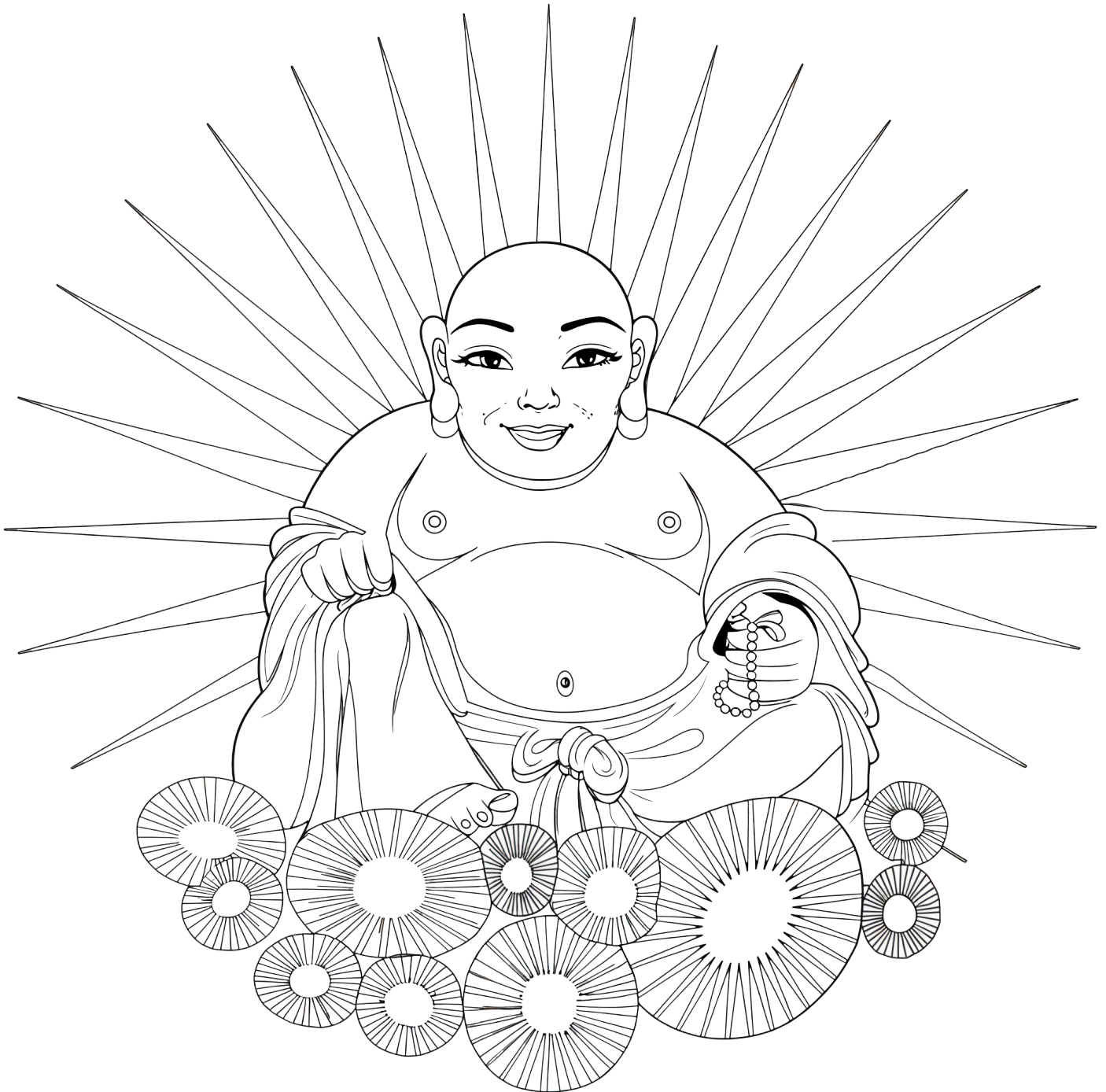
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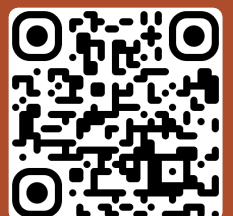


Colour In Buddha

It's time to colour Buddha in – you can use any colours or details you want to bring them to life!



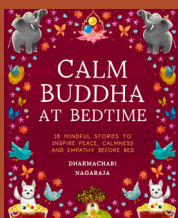
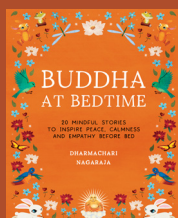
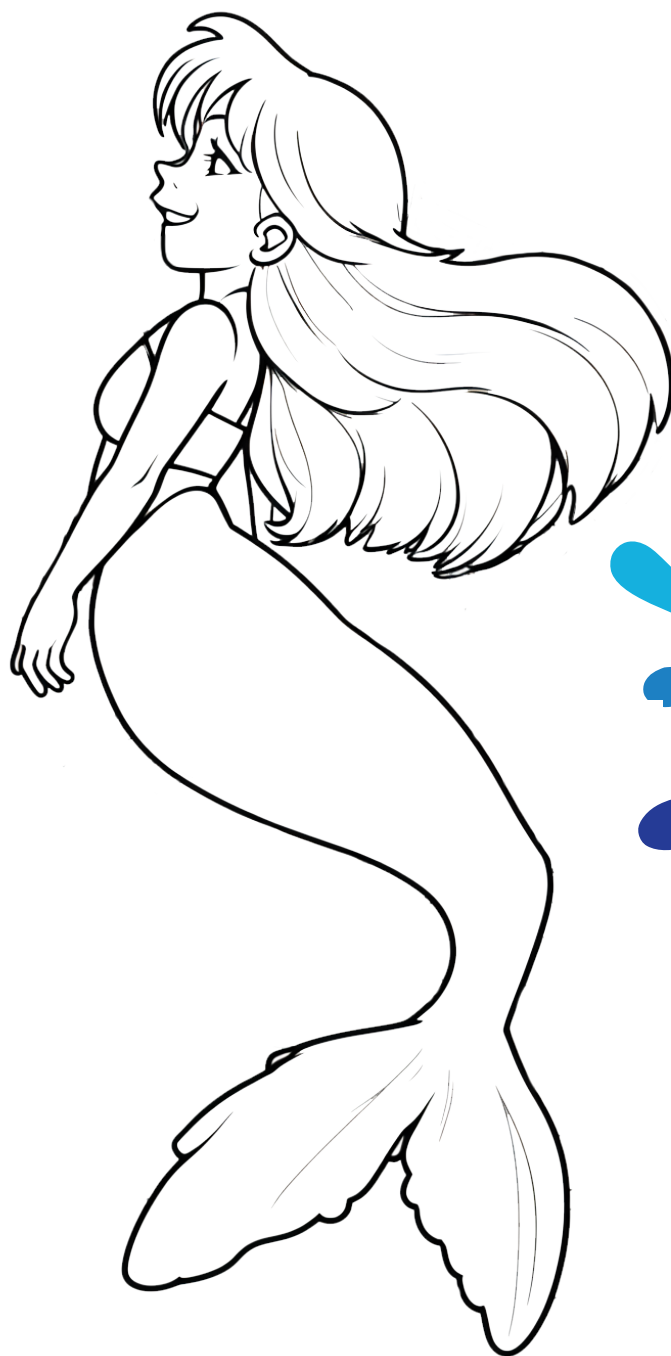
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Colour In The Mermaid

It's time to colour the mermaid in – you can use any colours or details you want to bring them to life!



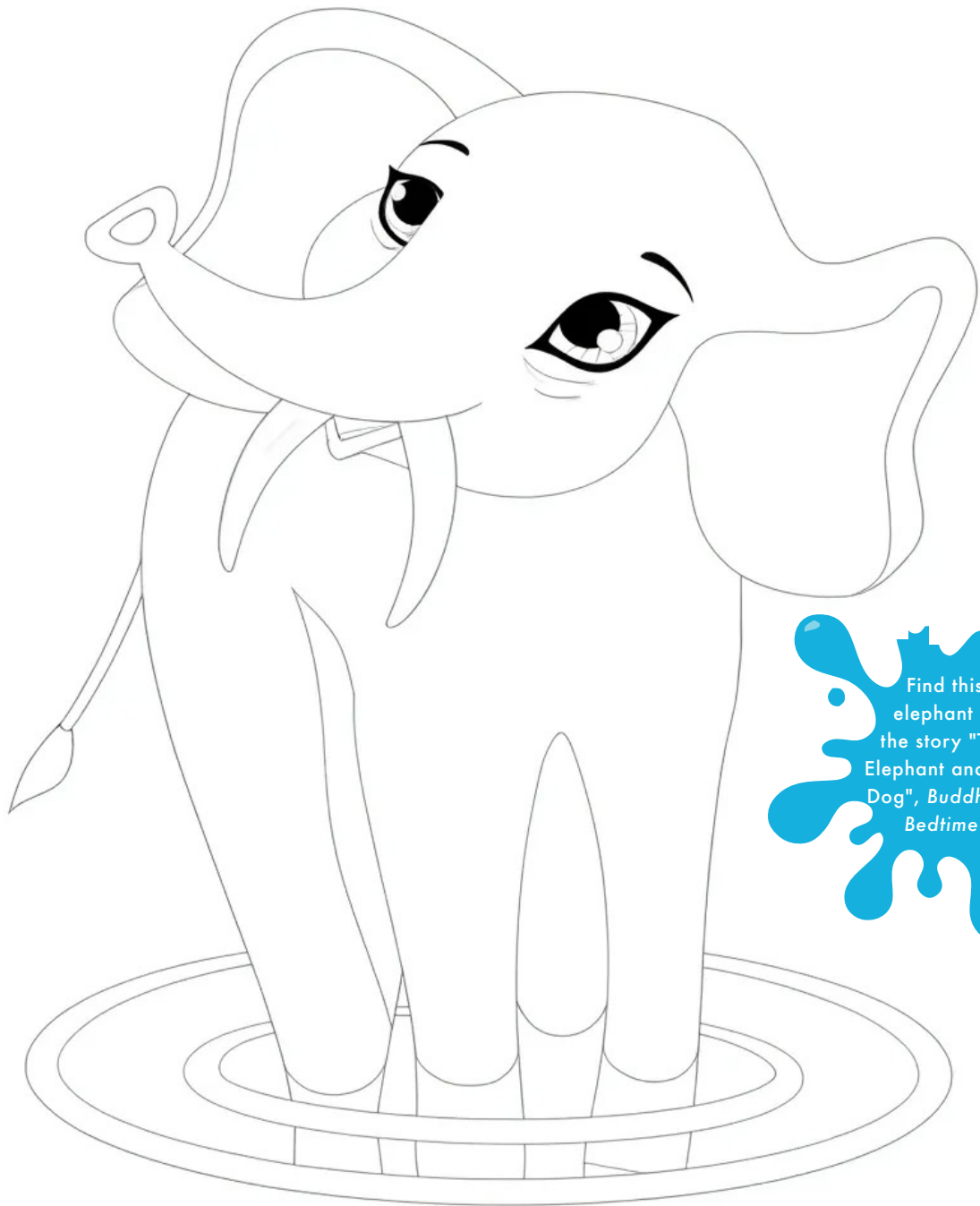
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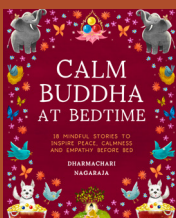
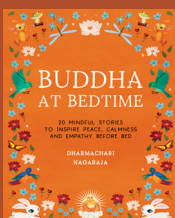


Colour In The Elephant

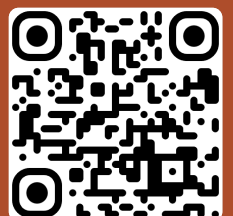
It's time to colour the mermaid in – you can use any colours or details you want to bring them to life!



Find this elephant in the story "The Elephant and The Dog", *Buddha at Bedtime*!



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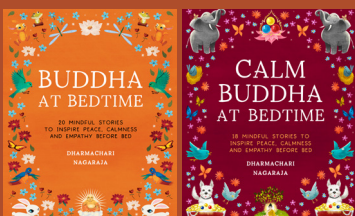
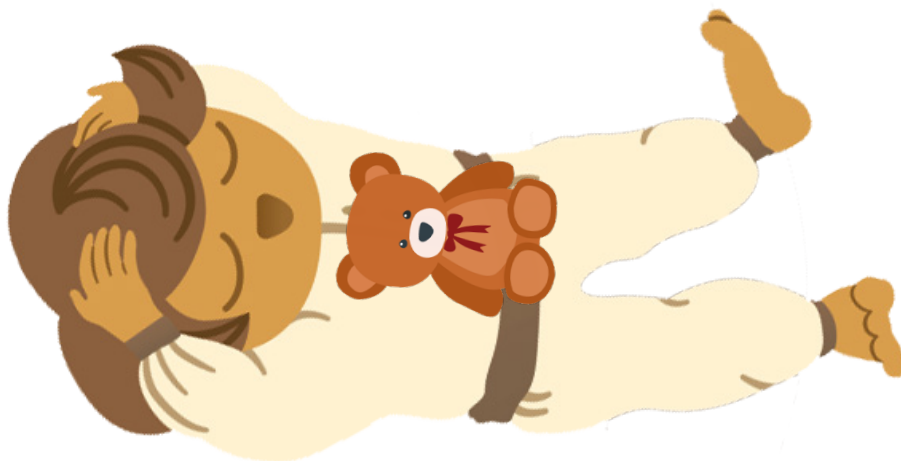


Belly Breathing With Buddha

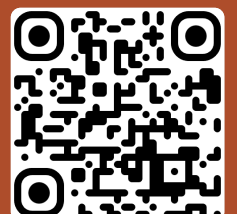
Are you ready to try some deep breathing and watch your teddy or toy take a calm little belly ride? It's a super relaxing thing to try before you go to bed.

Here's what to do:

1. Lie down comfortably on your back. This could be on your bed or a fluffy rug.
2. Place your favourite small soft toy on your belly.
3. Take a big, slow breath in through your nose – watch your toy rise up!
4. Breathe out slowly through your mouth – watch your toy gently fall.
5. Keep going until your toy has taken five calm belly rides.
6. How did this feel? Do you feel calm and ready for bedtime now?



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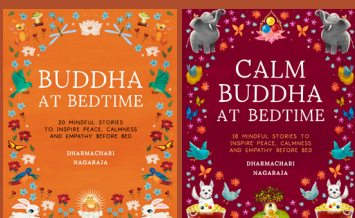


Move Like A Mindful Animal

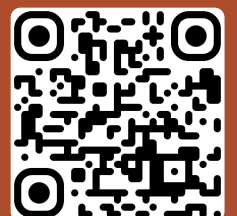
Buddha met many peaceful animals on his journeys and they all move in interesting ways. Can you try to move like each of them and find your inner calm?

Take your time and move like the:

- **Elephant:** Stand tall and sway your arms side to side like a big elephant trunk.
- **Butterfly:** Sit with your feet together and flap your knees like soft butterfly wings.
- **Frog:** Crouch down and take a deep, calm breath before you hop!
- **Turtle:** Curl up into a little ball and rest inside your cosy shell.



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Spot The Differences?

Can you find the six differences between these two pictures of the lion and the jackal?



I found . . .

1.

2.

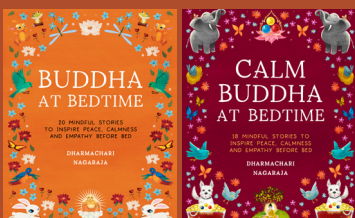
3.

4.

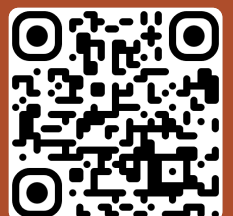
5.

6.

ANSWERS: 1. Stars in the sky are missing. | 2. The lion's back leg is missing | 3. The leaf in the front right corner has changed color. | 4. A frog was added beside the water. | 5. A duck was added on the lily pad. | 6. The farthest tree in the background on the left is missing.



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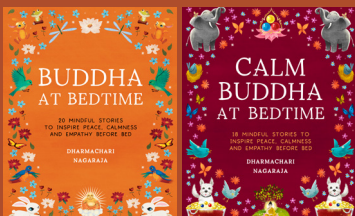
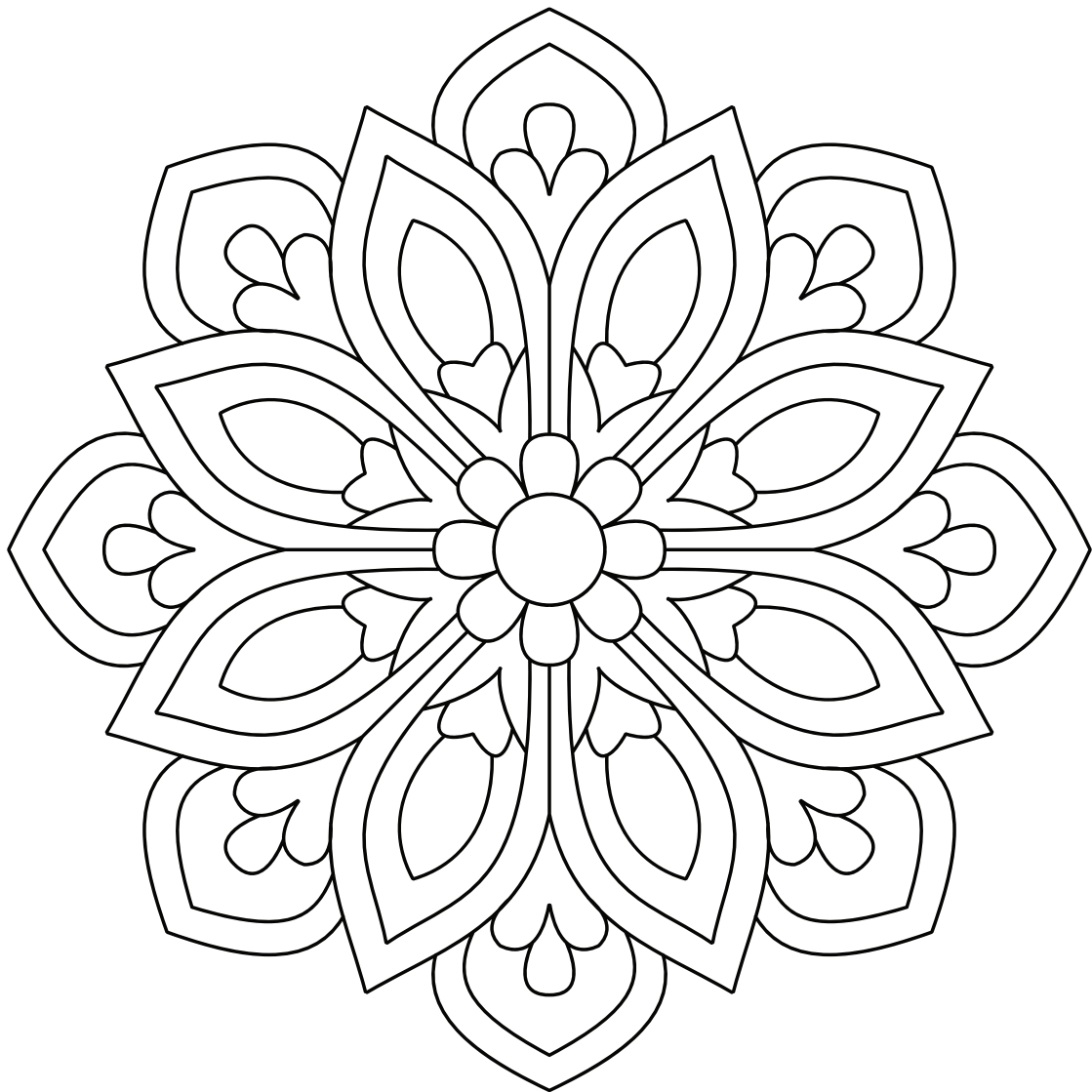




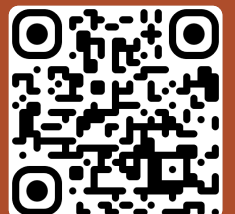
Colour In Your Own Mandala

When you want to feel calmer, this is the perfect activity to try. Colouring a mandala can help you switch your busy mind off.

Choose any colours that make you feel calm and happy when bringing the below mandala to life.



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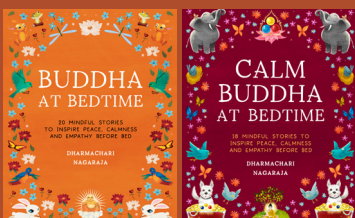




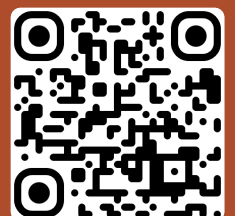
Gratitude Tree

The story "The Golden Goose" teaches us to be grateful for what we have.

Think of the people, places and things you are thankful for. Draw or write them on the leaves of your tree to make it grow with gratitude!



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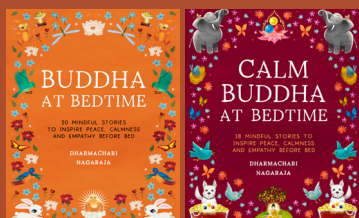
Bedtime Reflection

When you lie down in bed tonight, think about your day.
Write down one kind thing you did and one thing you're
proud of.

You can do this for as many nights as you want – it's a lovely
thing to do before you go to bed each night so you can think
about the good things about your day as you fall asleep.

Today I was kind when I . . .

Today I am proud of . . .



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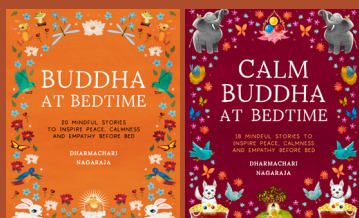
Wordsearch

Buddha at Bedtime includes lots of interesting words about kindness and relaxation. Lets try to find them!

Circle each word when you spot it – take your time and breathe slowly as you search.

E	Z	W	U	R	E	F	D	Z	D	D	V	L	T
X	L	G	B	O	R	B	G	R	L	I	N	O	C
R	D	E	S	X	P	E	A	C	E	Z	V	V	Y
Y	C	R	L	T	F	S	X	Q	V	B	O	E	O
V	Q	A	E	E	Y	F	Z	J	G	G	U	F	D
V	B	D	L	A	F	B	R	U	Z	S	P	B	Z
Z	J	A	Z	M	M	I	A	I	S	R	K	N	V
U	F	B	Y	W	C	U	Q	E	E	M	I	S	D
P	Z	X	G	O	O	F	N	S	G	N	C	R	M
I	P	O	F	R	E	D	H	C	H	I	D	E	U
A	A	C	E	K	N	U	A	W	U	A	U	S	N
D	M	E	D	I	T	A	T	I	O	N	R	X	I
U	T	J	K	J	Y	B	E	D	T	I	M	E	C
V	J	N	Y	X	R	Z	Q	W	C	Z	J	J	N

MEDITATION ☐ **BEDTIME** ☐ **KINDNESS** ☐
CALM ☐ **PEACE** ☐ **LOVE** ☐ **TEAMWORK** ☐
SHARE ☐ **DREAM** ☐ **FRIENDS** ☐



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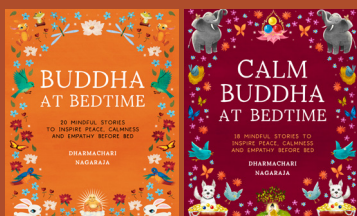
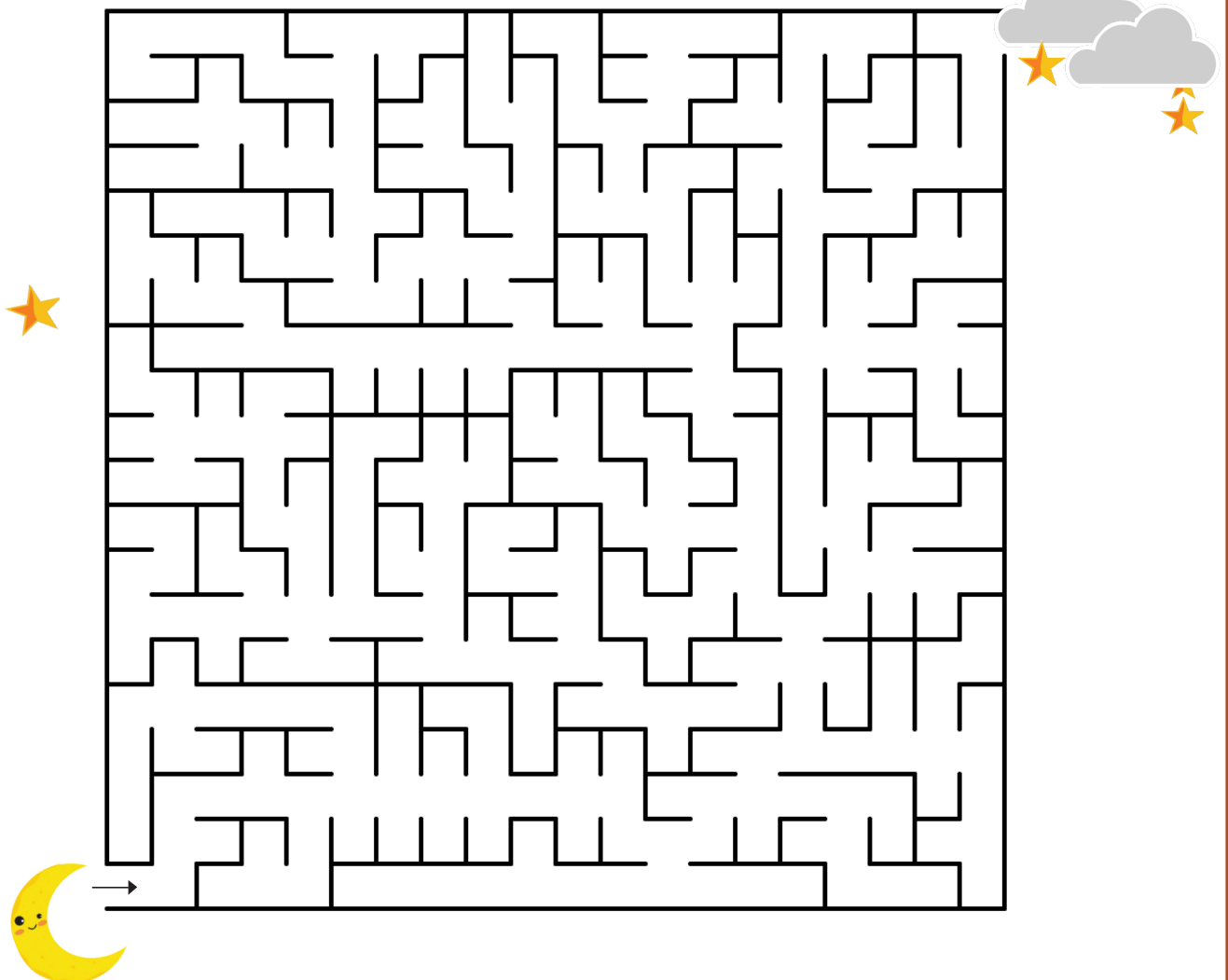




Dream Maze

The sleepy moon has drifted away and wants to find its way back to the sky. Can you help guide it home? Follow the path slowly with your finger or pencil.

Take slow breaths as you trace the way – if you meet a dead end, breathe in, breathe out and try again. Take as long as you need!



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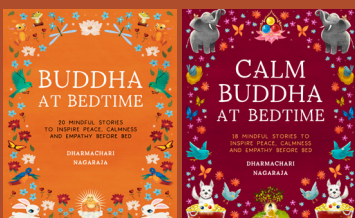
For Caregivers
+ Educators

Questions To Ask A Child About Buddhist Values

Want to start an engaging discussion with your young people about the importance of slowing down and what peace and happiness really mean.

Here are some engaging conversation starters for you!

1. When you're having a busy, stressful day, what makes you feel calm?
2. What helps you feel better when you feel cross or sad?
3. Can you think of a time you were really kind to someone?
4. Can you tell me about the last time someone was really kind to you and it made you feel happy?
5. How does your body feel when you take a big, slow breath?
6. If peace was a colour, what colour would it be?
7. If you could send calm to someone, who would you send it to?
8. How can you show love without using words?



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